



Speed and Agility

This program is designed to increase speed, quickness, agility and power for all youth athletes. By working on the proper BioMechanics of running, athletes will not only see an increase in speed and agility but endurance as well.

Session #1 – Mondays

September 13, 20, 27, October 4, 11, 18, 25 & November 1, 2004

High School Grades 9-12 5:00pm to 6:00pm
9 to 12 years of age 6:00-7:00pm
12 to 16 years of age 7:00-8:00pm

Session #4 – Tuesdays

January 18, 25, February 1, 8, 15, 22, March 1 & 8, 2005

High School Grades 9-12 4:00pm to 5:00pm
9 to 11 years of age 5:00pm to 6:00pm
12 to 16 years of age 6:00pm to 7:00pm

Session #2 – Saturdays

November 13, 20, 27, December 4, 11, 18, 2004, January 8 & 15, 2005

9 to 11 years of age 9:00am to 10:00am
12 to 16 years of age 10:00am to 11:00am

Session #5 – Saturdays

January 22, 29, February 5, 12, 19, 26, March 5 & 12, 2005

9 to 11 years of age 9:00am to 10:00am
12 to 16 years of age 10:00am to 11:00am

Session #3 – Tuesdays

November 16, 23, 30, December 7, 14, 21, 2004, January 4 & 11, 2005

High School Grades 9-12 4:00pm to 5pm
9 to 11 years of age 5:00pm to 6:00pm
12 to 16 years of age 6:00pm to 7:00pm

Session #6 – Mondays

April 4, 11, 18, 25, May 2, 9, 16, & 23, 2005

High School Grades 9-12 5:00pm to 6:00pm
9 to 12 years of age 6:00-7:00pm
12 to 16 years of age 7:00-8:00pm

Location: Soccer Centers in Somerset, NJ just a half mile off exit 12 of Route 287

Cost: \$165.00 Bridgewater-Raritan residents and \$185.00 non-residents checks payable to “Soccer Centers”. If registering for more than one session or child, separate checks and forms are required.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

2004/2005 Speed and Agility

\$165.00 Bridgewater/Raritan Residents / \$185.00 Non-Residents
Checks payable to “Soccer Centers”

Last Name: _____		First Name: _____		Circle Gender: Male or Female	
Mailing Address: _____		Town: _____		Zip: _____	
Home Phone #: () _____		Parent Work #: () _____			
Parent Cell #: () _____		Parent E-mail Address: _____			
Date of Birth: ____/____/____		<u>Check Session:</u> __ Session #1 __ Session #3 __ Session #5 __ Session #2 __ Session #4 __ Session #6			
Age as of 9/13/04: _____	Age as of 11/13/04: _____	Age as of 11/16/04: _____	Age as of 1/18/05: _____	Age as of 1/22/05: _____	Age as of 4/4/05: _____

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature

_____/_____/_____
Date

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